

September

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
			hot bagel sandwich with cheese mini dipperdoodle (1.3 oz)/hard boiled egg fresh pineapple and 100% orange juice 1	banana muffin rf cocoa bops cereal (df) fresh banana 2
no school labor day 5	yogurt and skeeter cinnamon grahams (vg) mini dipperdoodle with string cheese (vg) local fresh apple 6	omelet with cheese (vg) flurries cereal (df) fresh peach 7	pancakes with syrup (vg) lemon muffin (vg) fresh pineapple and 100% orange juice 8	apple cinna-grins cereal (vg) (df) zac omega bar blackberry(vg) (df) fresh banana 9
cocoa bops cereal (df) cinnamon duo: skeeter cinnamon grahams with cinnamon rumbles (vg) fresh pear 12	english muffin with turkey, egg and cheese apple muffin (vg) local fresh apple 13	waffles with syrup (vg) honey buttons cereal (df) fresh orange 14	egg and sausage quesadilla breakfast cinnamon crumble (vg) fresh pineapple and 100% orange juice 15	blueberry burst whole grain bagel with cream cheese (vg) mini dipperdoodle with string cheese (vg) fresh banana 16
flurries cereal (df) zac omega bar apple (df) fresh pear 19	omelet with cheese (vg) lemon muffin (vg) local fresh apple 20	pancakes with syrup (vg) yogurt with skeeter honey grahams (vg) fresh orange 21	english muffin with egg and cheese apple cinna-grins cereal (df) (vg) fresh pineapples with 100% orange juice 22	plain whole wheat bagel with cream cheese (vg) blueberry muffin (vg) fresh banana 23
honey buttons cereal (df) (vg) dipper doodle bar (df) (vg) fresh pear 26	waffles with syrup (vg) blueberry burst whole grain bagel with cream cheese (vg) local fresh apple 27	breakfast burrito apple muffin (vg) fresh orange 28	bagel sandwich with cheese mini dipperdoodle (1.3 oz)/hard boiled egg fresh pineapple with 100% orange juice 29	no school 30

If you see it in **GREEN**, it is a local item; if it see it in **BLUE**, it is an international item!

Breakfast: choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered twice per week.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

This institution is an equal opportunity provider

Menu Date	Recipe Description	Portion Size	Cals	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
9/1/2016	BRK, BAGEL/CHEDDAR CHS:0616	1 EACH	236	20	375	3	1.8	211.9	217	0	3	11.06	31	7.59	4.05	0
	BRK, DIPPERDOODLE/ EGG:0315	SERVING	218	202	92	3	1.32	65	290	0	6.56	9.29	23.56	9.8	2.13	0
	FR, JUICE ORANGE 4 FL OZ:1213	EACH (4 FL OZ)	60	0	0	0	0	0	0	42	*N/A*	0	13	0	0	0
	FR, PINEAPPLE 1/2 CUP	1 EACH	38	0	1	1.07	0.22	10	44	36.59	7.54	0.41	10.04	0.09	0.01	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0
9/2/2016	BRK, CER COCOA BOPS:0714	1 EACH	210	0	90	2	1.08	0	55	0	11	4	44	1.5	0	0
	BRK, MUFFIN BANANA:0715	1 EACH	240	40	170	3	1.8	20	100	4.8	12	4	41	5	1	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	26.95	0.39	0.13	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	26.95	0.39	0.13	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0
9/6/2016	BRK, DIPPERDOODLE/ CHEESE:0315	SERVING	220	30	230	3	0.72	240	230	0	6	10	24	10.5	4	0
	BRK, CINNA GRAHAMS/YOGURT:0815	SERVING	210	5	120	1	1.08	170.5	105	0	21.05	6.01	35.05	5.5	0	0
	FR, APPLE 1/2 CUP	1 EACH	77	0	1	3.58	0.18	8.9	80	6.85	15.48	0.39	20.58	0.25	0.04	0
	FR, APPLE 1/2 CUP	1 EACH	77	0	1	3.58	0.18	8.9	80	6.85	15.48	0.39	20.58	0.25	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0
9/7/2016	BRK, OMELET CHEESE:0616	1 EACH	220	195	380	2	1.38	144.6	374	3.6	3	13	21	9.5	3	0
	BRK, CER FLURRIES:0714	1 EACH	190	0	130	3	1.44	0	100	0	13	3	45	1.5	0	0
	FR, PEACH, MED 1/2 CUP	1 EACH	51	0	0	1.95	0.33	7.8	424	8.58	10.91	1.18	12.4	0.33	0.02	0
	FR, PEACH, MED 1/2 CUP	1 EACH	51	0	0	1.95	0.33	7.8	424	8.58	10.91	1.18	12.4	0.33	0.02	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0
9/8/2016	BRK, PANCAKES 9-12:0714	1 EACH	273	0	303	2.98	2.14	59.5	85	0	16.93	5.95	52.65	2.98	0	0
	BRK, MUFFIN LEMON:0116	1 EACH	260	20	170	2	1.44	20	65	6	13	5	40	9	1	0
	FR, JUICE ORANGE 4 FL OZ:1213	EACH (4 FL OZ)	60	0	0	0	0	0	0	42	*N/A*	0	13	0	0	0
	FR, PINEAPPLE 1/2 CUP	1 EACH	38	0	1	1.07	0.22	10	44	36.59	7.54	0.41	10.04	0.09	0.01	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0
9/9/2016	BRK, ZAC BAR BLACKBERRY:814	1 EACH	230	0	50	5	1.08	80	65	0	13	5	39	7	0.5	0
	BRK, CER APPL-CN/EGG 9-12:0714	EACH (2 OZ)	276	187	380	3.98	7.76	472.6	2498	23.87	8.52	12.26	38.36	7.29	1.63	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	26.95	0.39	0.13	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	26.95	0.39	0.13	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0
9/12/2016	BRK, CER COCOA BOPS:0714	1 EACH	210	0	90	2	1.08	0	55	0	11	4	44	1.5	0	0
	BRK, CINNAMON DUO:0815	SERVING	230	0	55	3	1.8	20	50	0	10	4	36	7.5	0.5	0
	FR, PEAR, MED 1/2 CUP	1 EACH	95	0	2	5.15	0.3	14.9	42	7.14	16.19	0.6	25.28	0.23	0.04	0
	FR, PEAR, MED 1/2 CUP	1 EACH	95	0	2	5.15	0.3	14.9	42	7.14	16.19	0.6	25.28	0.23	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0

Menu Date	Recipe Description	Portion Size	Cals	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
9/13/2016	BRK, ENG MUF TKY/EGG/CHS:0415	1 EACH	239	184	466	4	2.13	60.6	336	0	5.13	14.64	31.13	7.28	2.52	0
	BRK, MUFFIN APPLE:0715	1 EACH	250	40	190	4	2.7	20	100	0	12	6	44	7	1	0
	FR, APPLE 1/2 CUP	1 EACH	77	0	1	3.58	0.18	8.9	80	6.85	15.48	0.39	20.58	0.25	0.04	0
	FR, APPLE 1/2 CUP	1 EACH	77	0	1	3.58	0.18	8.9	80	6.85	15.48	0.39	20.58	0.25	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0
9/14/2016	BRK, WAFFLES 9-12:0714	1 EACH	245	0	380	3	1.62	30	78	0	15.5	6	48.5	3	0	0
	BRK, CER HONEY BUTTONS:0714	1 EACH	200	0	55	4	1.44	20	0	0	10	5	40	2	0	0
	FR, ORANGE 1/2 CUP	1 EACH	45	0	0	2.3	0.1	38.4	216	51.07	8.98	0.9	11.28	0.12	0.01	0
	FR, ORANGE 1/2 CUP	1 EACH	45	0	0	2.3	0.1	38.4	216	51.07	8.98	0.9	11.28	0.12	0.01	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0
9/15/2016	BRK, QUESA SAUSAGE/ EGG:0616	1 EACH	232	74	354	2	1.49	126.7	188	3.61	0.34	10.72	27.35	9.6	2.34	0
	BRK, CRUMBLE CINNAMON:0316	1 EACH	240	24	192	2.88	1.38	19.2	43	*N/A*	8.64	4.8	37.44	9.6	0.96	0
	FR, JUICE ORANGE 4 FL OZ:1213	EACH (4 FL OZ)	60	0	0	0	0	0	0	42	*N/A*	0	13	0	0	0
	FR, PINEAPPLE 1/2 CUP	1 EACH	38	0	1	1.07	0.22	10	44	36.59	7.54	0.41	10.04	0.09	0.01	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0
9/16/2016	BRK, BAGEL BLUEBERRY CHS:0215	1 EACH	220	20	285	3	1.8	80	220	0	5	7	33	6.5	4	0
	BRK, DIPPERDOODLE/ CHEESE:0315	SERVING	220	30	230	3	0.72	240	230	0	6	10	24	10.5	4	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	26.95	0.39	0.13	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	26.95	0.39	0.13	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0
9/19/2016	BRK, ZAC BAR APPLE:0814	1 EACH	230	0	50	5	1.08	80	70	1.2	14	5	39	7	0.5	0
	BRK, CER FLURRIES:0714	1 EACH	190	0	130	3	1.44	0	100	0	13	3	45	1.5	0	0
	FR, PEAR, MED 1/2 CUP	1 EACH	95	0	2	5.15	0.3	14.9	42	7.14	16.19	0.6	25.28	0.23	0.04	0
	FR, PEAR, MED 1/2 CUP	1 EACH	95	0	2	5.15	0.3	14.9	42	7.14	16.19	0.6	25.28	0.23	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0
9/20/2016	BRK, OMELET CHEESE:0616	1 EACH	220	195	380	2	1.38	144.6	374	3.6	3	13	21	9.5	3	0
	BRK, MUFFIN LEMON:0116	1 EACH	260	20	170	2	1.44	20	65	6	13	5	40	9	1	0
	FR, APPLE 1/2 CUP	1 EACH	77	0	1	3.58	0.18	8.9	80	6.85	15.48	0.39	20.58	0.25	0.04	0
	FR, APPLE 1/2 CUP	1 EACH	77	0	1	3.58	0.18	8.9	80	6.85	15.48	0.39	20.58	0.25	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0
9/21/2016	BRK, PANCAKES 9-12:0714	1 EACH	273	0	303	2.98	2.14	59.5	85	0	16.93	5.95	52.65	2.98	0	0
	BRK, HONEY GRAHAMS/YOGURT:0815	SERVING	210	5	125	2	1.08	150.5	100	0	20.05	6.01	35.05	5.5	0	0
	FR, ORANGE 1/2 CUP	1 EACH	45	0	0	2.3	0.1	38.4	216	51.07	8.98	0.9	11.28	0.12	0.01	0
	FR, ORANGE 1/2 CUP	1 EACH	45	0	0	2.3	0.1	38.4	216	51.07	8.98	0.9	11.28	0.12	0.01	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0

Menu Date	Recipe Description	Portion Size	Cals	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
9/22/2016	BRK, ENG MUF EGG/CHEESE:0415	1 EACH	232	180	409	4	2.04	58.1	336	0	5	13.27	31	7.28	2.52	0
	BRK, CER APPL-CN/EGG 9-12:0714	EACH (2 OZ)	276	187	380	3.98	7.76	472.6	2498	23.87	8.52	12.26	38.36	7.29	1.63	0
	FR, JUICE ORANGE 4 FL OZ:1213	EACH (4 FL OZ)	60	0	0	0	0	0	0	42	*N/A*	0	13	0	0	0
	FR, PINEAPPLE 1/2 CUP	1 EACH	38	0	1	1.07	0.22	10	44	36.59	7.54	0.41	10.04	0.09	0.01	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0
9/23/2016	BRK, MUFFIN BLUEBERRY:0715	1 EACH	250	40	160	4	1.8	20	100	4.8	12	6	43	6	0.5	0
	BRK, BAGEL / CREAM CHEESE:0616	1 EACH	220	20	335	3	1.8	100	215	0	4	8	33	6.5	4	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	26.95	0.39	0.13	0
	FR, BANANA, MED 1/2 CUP	1 EACH	105	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	26.95	0.39	0.13	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0
9/26/2016	BRK, CER HONEY BUTTONS:0714	1 EACH	200	0	55	4	1.44	20	0	0	10	5	40	2	0	0
	BRK, DIPPERDOODLE:0914	SERVING	250	25	50	5	1.44	80	55	0	11	6	40	8	1	0
	FR, PEAR, MED 1/2 CUP	1 EACH	95	0	2	5.15	0.3	14.9	42	7.14	16.19	0.6	25.28	0.23	0.04	0
	FR, PEAR, MED 1/2 CUP	1 EACH	95	0	2	5.15	0.3	14.9	42	7.14	16.19	0.6	25.28	0.23	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0
9/27/2016	BRK, WAFFLES 9-12:0714	1 EACH	245	0	380	3	1.62	30	78	0	15.5	6	48.5	3	0	0
	BRK, BAGEL BLUEBERRY CHS:0215	1 EACH	220	20	285	3	1.8	80	220	0	5	7	33	6.5	4	0
	FR, APPLE 1/2 CUP	1 EACH	77	0	1	3.58	0.18	8.9	80	6.85	15.48	0.39	20.58	0.25	0.04	0
	FR, APPLE 1/2 CUP	1 EACH	77	0	1	3.58	0.18	8.9	80	6.85	15.48	0.39	20.58	0.25	0.04	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0
9/28/2016	BRK, BURRITO EGG/CHS 9-12:0616	1 EACH	280	186	315	2	1.32	190	410	0	0	14.25	27.75	13	4.12	0
	BRK, MUFFIN APPLE:0715	1 EACH	250	40	190	4	2.7	20	100	0	12	6	44	7	1	0
	FR, ORANGE 1/2 CUP	1 EACH	45	0	0	2.3	0.1	38.4	216	51.07	8.98	0.9	11.28	0.12	0.01	0
	FR, ORANGE 1/2 CUP	1 EACH	45	0	0	2.3	0.1	38.4	216	51.07	8.98	0.9	11.28	0.12	0.01	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0
9/29/2016	BRK, BAGEL/CHEDDAR CHS:0616	1 EACH	236	20	375	3	1.8	211.9	217	0	3	11.06	31	7.59	4.05	0
	BRK, DIPPERDOODLE/ EGG:0315	SERVING	218	202	92	3	1.32	65	290	0	6.56	9.29	23.56	9.8	2.13	0
	FR, JUICE ORANGE 4 FL OZ:1213	EACH (4 FL OZ)	60	0	0	0	0	0	0	42	*N/A*	0	13	0	0	0
	FR, PINEAPPLE 1/2 CUP	1 EACH	38	0	1	1.07	0.22	10	44	36.59	7.54	0.41	10.04	0.09	0.01	0
	MILK - 0%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	90	5	130	0	0	300	500	2.4	12	8	13	0	0	0
	MILK - 1%, 8 FL OZ, K-12:0713	EACH (8 FL OZ)	110	10	130	0	0	300	500	2.4	12	8	13	2.5	1.5	0